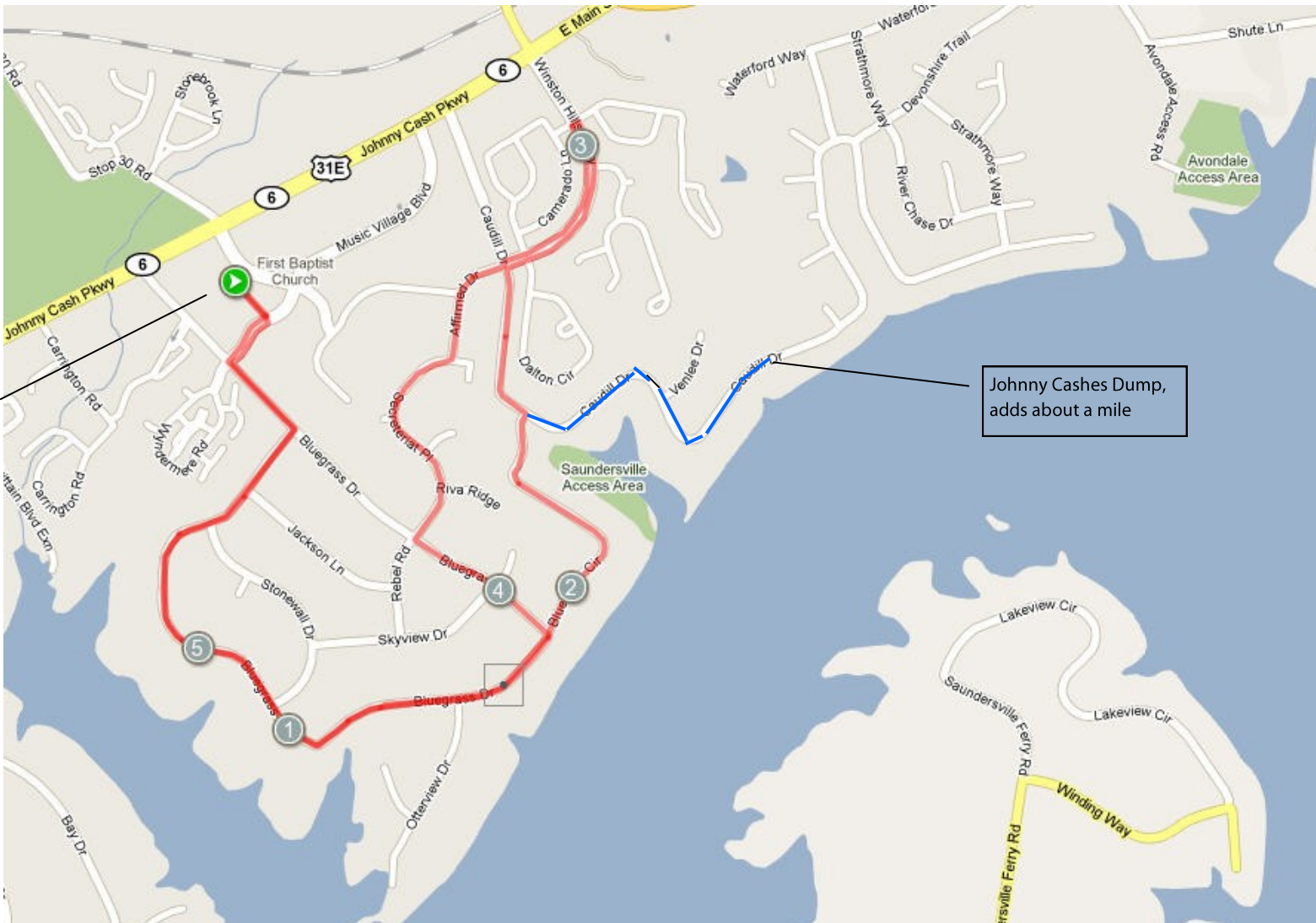




HRC -Y5 @ 5



YMCA is located here.

Johnny Cashes Dump, adds about a mile

A small group of runners meet at the YMCA at 5AM MWF to run this 5 miles to start their days. I on the other hand choose to sleep in and run the route with the nooners, when they decide to run. So if you show up and they are not their within 5 minutes of the time take off. It follows almost the same route as the frostbite. The YMCA will let you use the bathroom and grab some water. If you are from out of town staying at the Holiday Inn Express this is a perfect jaunt. BTW turning right at Caudill instead of left will take you by **Johnny Cash's old estate** but add a mile.